

YEAR ONE HSB

HILARY SCHEME OF WORK (Based on CSEC Syllabus)

PRE-MIDTERM: Life Processes: Nutrition and the Respiratory System

SECTION B - Nutrition: Objectives 1.1 to 1.27

POST-MIDTERM: Life Processes: The Respiratory System

SECTION B - Respiratory System: Objectives 2.1 to 2.12

HSB YEAR ONE Hilary Scheme of work- 9 Teaching Weeks

WEEK	TOPIC	SUBTOPIC	OBJECTIVES	ASSESSMENT
1	Nutrition	Food Nutrients	<u>1.1 Distinguish between micro and macro nutrients</u> <u>1.2 State the functions of macro nutrients</u> <u>1.3 Recall the functions of micronutrients</u> <u>1.4 State the cause, symptoms and treatments of deficiency diseases</u> <u>1.5 Classify vitamins as fat or water soluble</u>	HOMEWORK
2	Nutrition	Food, Nutrition and Malnutrition	<u>1.6 Observe tests to distinguish among food nutrients</u> <u>1.7 State the functions of water in the body</u> <u>1.8 Explain the role of dietary fiber in the body</u> <u>1.9 Describe the causes and effects of constipation and diarrhea</u> <u>1.10 Recall the importance of a balanced diet</u> <u>1.11 Explain the effects of malnutrition on the human body</u> <u>1.12 Calculate BMI</u> <u>1.13 Use tables, charts and graphs to represent data on nutrition</u>	ASSIGNMENT
3	Nutrition	Human Teeth and Tooth Health	<u>1.14 Relate the types of teeth present in an infant and adult human to their roles</u> <u>1.15 Explain the importance of teeth in the process of digestion</u> <u>1.16 Relate the structures of the tooth to their function</u> <u>1.17 State the causes of tooth decay</u> <u>1.18 Describe the process of tooth decay</u>	HOMEWORK

			<u>1.19 Outline guidelines for the care of the teeth</u>	
4	Nutrition, Slides 77 to 89	Enzymes, Structures of the Digestive System	<u>1.20 Explain the properties, role and importance of enzymes involved in digestion</u> <u>1.21 Investigate the effects of temperature and pH on the activity of the enzymes, amylase and catalase in the digestive process</u> <u>1.22 Identify the various structures of the digestive system</u>	ASSIGNMENT
5	Nutrition: Slides 91 to 111	Structures of the Digestive System, Absorption, Assimilation, Excretion and Egestion	<u>1.22 Identify the various structures of the digestive system</u> <u>1.23 Relate the structures of the digestive system to their function</u> <u>1.24 Describe the processes of digestion and absorption of food in the alimentary canal</u> <u>1.25 Describe the fate of the products of digestion after their absorption</u> <u>1.26 Relate the structure of a villus to the function of absorption; Include labelling of diagram</u> <u>1.27 Distinguish between egestion and excretion.</u>	HOMEWORK
6	Respiration and Gaseous Exchange	Breathing and Vital Capacity	<u>2.1 Explain the importance of breathing in humans</u> <u>2.2 Relate the structures of the respiratory tract to their functions</u> <u>2.3 Describe the breathing mechanism</u> <u>2.4 Outline the factors affecting the rate of breathing</u> <u>2.5 Explain the concept of vital capacity</u>	ASSIGNMENT
7	Respiration and Gaseous Exchange	Respiration and Gaseous Exchange	<u>2.6 Distinguish between gaseous exchange and breathing</u> <u>2.7 Identify characteristics common to gaseous exchange surfaces</u> <u>2.8 Differentiate between aerobic and anaerobic respiration</u> <u>2.9 Explain the role of adenosine diphosphate (ADP) and adenosine triphosphate (ATP) in the transfer of energy</u>	HOMEWORK
8	Respiration and Gaseous Exchange	CPR and Smoking	2.10 Describe the technique of Cardiopulmonary Resuscitation (CPR); Include disposal device for applying mouth-to-mouth resuscitation. 2.11 Describe the effects of smoking 2.12 Use tables, graphs and charts to represent data on the respiratory system.	EXAM REVIEW
9	EXAM REVIEW	EXAM REVIEW	Analyze how to answer long answer and MCQ questions Identify the key terms in a question Identify your studying and learning style	EXAM REVIEW

ITEM	NUMBER OF SUBMISSIONS	OVERALL WEIGHT FOR THE TERM
Homework	4	30
Assignments	3	30
End of term Paper 1 (Multiple Choice)	1	10
End of term Paper 2 (Long Answer)	1	30